

INVERNESS FAMILY VISITOR CENTRE

The Official Newsletter for the HMP visitor centre



What we see, can depend on what we are looking for.

- Need help?**
- Need understanding?**
- Need someone to listen?**
- Not sure where to turn?**
- Confused?**

The Inverness Prison visitor centre is here to help; although we have moved, our relocation means we are better placed to offer support and understanding to families and loved ones of those in prison.

The familiar warm, welcoming atmosphere has stayed with us, with inviting sofa, chairs, toys, and games; along with teas, coffees and biscuits included. We have also kept our open-door policy, so that families can feel able to attend the Visitor Centre freely before, after or at a convenient time for them. We will carry on delivering one-to-one support, which can be booked by contacting us directly by telephone or email. By booking we can prepare and tailor the support.

For more information, please contact:

Sarah: 07889 603888

Heather: 07717 780465



Free Friday Tuckshop

**Come over to the
Visitor centre and
grab a bag, fill with
food then fill your
belly.**

Open 10am – 3 pm

Every day people in Scotland go hungry for a range of reasons. Adverse life events; unemployment, benefits delay, unexpected bill on low income; or for our clients a loss of income due to a family member being incarcerated.

We have created our no questions asked, walk in free friend tuckshop. Individuals can come into the visitor centre, grab a shopping bag – which is also supplied and fill from our food bank.

The visitor centre is also in a position to be able to supply bags of food at other times but a request for this needs to be put in via telephone or email. We also offer to deliver within the city.

Food bank

**For more information on any of the above please contact us on 07717 780 465
or email: HMPvisitorcentre@actionforchildren.org.uk**

Whats happening?



**Egg hunt Saturday
16th April**

families are invited to come over before the 'children's visits' for a Easter eat hunt, refreshments and to meet our surprise guest - the easter bunny.



For more information, please contact:

Sarah: 07889 603888

Heather: 07717 780465

£
Free

THIS IS YOUR

NATIONAL
BOOK
tokens

FREE BOOK TOKEN

Protecting and supporting children and young people, providing practical and emotional care and support.



TAKE ME TO YOUR LOCAL VISITOR CENTRE.
SWAP ME TO GET YOUR FREE BOOK.
INVERNESS VISITOR CENTRE, 5 GORDON
TERRACE, INVERNESS, IV2 3HD.
ACROSS THE CAR PARK FROM THE PRISON.

Celebrate world book day with us!

Win
Win
win



win
win
win

Tell us about a book you've enjoyed sharing with your children we don't mind what book. we just want to know why it was 'THE book. just a small piece of writing that will make others want to know why you love this book.

send to:

Stories connect us,
PO BOX 5488
Bradford on Avon
BA15 5DH

**COMPETITION
DEADLINE:
April 27**